






# East Windsor Senior Center

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ (860) 292-8279

## Events and Activities

JANUARY 2016

NUTRITION PROGRAM MEALS - ON- WHEELS (860) 292-8279 WEBSITE: [www.eastwindsorct.com](http://www.eastwindsorct.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Happy New Years! Senior Center Closed 
<b>4</b> Shopping - Walmart or Big Y 9:00 - 11:00  Fitness 10:30-11:30 \$\$  Art with Tex 12:30  Wii Bowling 12:30-2:00	<b>5</b> Game Day 10:00-11:30    Chair Yoga 12:30 \$\$	<b>6</b> Shopping at Geisslers 9:00  Wii Zumba w/ Melissa 12:30  Walking Club 12:30-2:30 (Enfield Mall) Warehouse Point Library 1:00 - 2:00	<b>7</b> Free Blood Pressure and Sugar Screening 10:00  Jewelry Making w/Janice \$\$ 10:30 - 11:30  Senior Club Meeting 1:00 - 3:00	<b>8</b> Rein's Deli 10:45-2:00 
<b>11</b> Shopping - Walmart or Big Y 9:00 - 11:00  Fitness 10:30-11:30 \$\$  Art with Tex 12:30  Wii Bowling 12:30 - 2:00	<b>12</b> Tea Time 10:00-11:00  1:1 Law Sessions 12:30  Chair Yoga 12:30 \$\$  STAFF MEETING 2:00-3:00	<b>13</b> Shopping at Geisslers 9:00  October Kitchen 12:00 (No CRT Lunch)  Wii Zumba w/ Melissa 12:30	<b>14</b> Sit and Stitch w/ Mary-Ellen 10:30-11:30  Coloring w/ Kristen 10:30-11:30  In-House BINGO 12:30 \$\$	<b>15</b> Movies at Enfield Mall Time TBD  Mobile Food Share St. Catherine's Parking Lot 1:45 - 2:30
<b>18</b> Martin Luther King Day Senior Center Closed 	<b>19</b> Foot Care \$\$\$ 9:00 - 1:00  Focus Group 10:00 - 11:00  Food For Thought 11:00 - 11:30  Chair Yoga 12:30 \$\$	<b>20</b> Shopping at Geisslers 9:00  Crafts w/ Melissa 10:30  Wii Zumba w/ Melissa 12:30  Walking Club 12:30-2:30 (Enfield Mall)	<b>21</b> Jewelry Making w/Janice \$\$\$ 10:30- 11:30  Senior Club Meeting 1:00 - 3:00	<b>22</b> Comedian David Shikes 12:30-1:30
<b>25</b> Shopping - Walmart or Big Y 9:00 - 11:00 The Book Club 10:30 <i>The Martian</i> by Andy Weir Fitness 10:30-11:30 \$\$  Wii Bowling 12:30 - 2:00 Art with Tex 12:30	<b>26</b> Roundtable at East Windsor Police Department 10:30-11:30   Chair Yoga 12:30 \$\$	<b>27</b> Shopping at Geisslers 9:00  Movie 10:00-11:45 "Woman in Gold" Wii Zumba w/ Melissa 12:30 Lunch at East Windsor Middle School - 1:00	<b>28</b> Monthly Social 12:00 Entertainment by: Pierce Campbell	<b>29</b> Wii Bowling at Bloomfield 12:30-3:00  Mobile Food Share St. Catherine's Parking Lot 1:45 - 2:30
In the event of inclement weather, we follow the same schedule as the East Windsor School System. Please tune in to Channel 3 - WFSB and/or Channel 30 -WNBC for school closings. When the school system has a delayed opening due to inclement weather, the Transportation Program will also have a delayed start time. When the East Windsor School system closes early due to unfavorable road conditions, it may be necessary to close the senior center early.				

THE CENTER IS OPEN

MONDAY THRU FRIDAY

8:00 A.M. - 3:00 P.M.